



# HEALTH RESOURCES FOR YOU

As an HII employee, high-quality, confidential health and wellness care options are available for you and your family.\*



## HII Family Health Center

Free preventive care and acute care for just \$15. Visit [myquadmed.com/hii](https://myquadmed.com/hii) or call (757)-327-4200.



## HII Family Vision Center

Quality eye care and eye wear. Call (757) 327-4188 for optometry appointments; walk in for retail.



## Onsite Dental

Exams, teeth cleanings, crowns and more. Call (757) 707-7223.



## TakeControl Condition Management Program

One-on-one support that empowers you to manage asthma, diabetes and hypertension. Call (757) 327-4183 to speak with an educator.



## Wellness Online

Achieve your health goals with our helpful resources and program information. Visit [myquadmed.com/hii](https://myquadmed.com/hii) to learn more.



## Teladoc

Talk to a doctor 24/7/365 or schedule a session with a therapist. Visit [teladoc.com/hii](https://teladoc.com/hii) or call 1.800.TELADOC.



## SmartPath

Build your financial savvy and plan for the future by taking part in the informative financial planning webinars at [joinsmartpath.com/HII/classes](https://joinsmartpath.com/HII/classes).



## HERO: HII Employees Reach Out

Free confidential counseling when you need it most. Call (855) 400-9185.

*\*BeWell for Life wellness services are available to all HII employees, regardless of medical coverage. Some wellness services may be limited to the HII Family Health Center or online.*

**BeWell** **FOR LIFE**  
Operated by  
 **QuadMed**